

Healthy Lung Month

- When you're swimming or riding your bike, you probably don't think about taking your next breath – you just do it.
- But for millions of people, breathing is a tough a job.
- My name is Greg Holzman and I am the Chief Medical Executive of the State of Michigan.
- October is Healthy Lung Month. Here are a few tips to keep your lungs healthy.
- Don't smoke.
- Wear a mask if you're doing chores that involve dust or mold.
- Exercise is a great way to keep your lungs healthy so walk or ride your bike whenever possible.
- For more information on healthy lungs, talk with your doctor or visit our Web site at www.michigan.gov/mdch.